

APPENDIX A

CONSENT FORM AND INFORMATION SHEET FOR PARTICIPANTS

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MAKING VISIBLE THE ELDERLY

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I have been informed about the project and I understand what the project is all about. All my questions have been answered to my satisfaction. I understand that I am free to request further information at any stage.

I know that:

1. My participation in the project is voluntary.
2. I am free to talk only about what I feel comfortable with..
3. I am free to withdraw from the project if I wish.
4. I am aware that my personal data will be written down and published in the form of a report; raw data that the project depends on will be retained for three years.
5. I will receive no payment for participating in the study
6. All my personal information will be treated confidentially
7. I am aware that the supervisor of the study will have permission to read the material.
8. I know that by participating in this study I can make a difference.

.....
(Signature of participant)

.....
Date

.....
(Name of participant)

.....
(Signature of witness)

For any further information or concerns feel free to contact:

Alta Swanepoel

Tel: (012) 460 2976

Cell: 082 883 1492

Or my supervisor, Elmarie Kotzé (D Litt et Phil), at the Institute for Therapeutic Development

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This project has been reviewed and approved by the Department of Practical Theology, Unisa and the Institute for Therapeutic Development.

APPENDIX B

CONVERSATION GUIDELINES

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PERSONAL INFORMATION

Marital Status

Health in general

Children

Grandchildren

Where did he/she stay and grow up as a child

GUIDELINE QUESTIONS WHICH WERE USED TO FOCUS THE CONVERSATIONS WITH THE ELDERLY A LITTLE, AND WHICH HELPED ME WITH THE WITNESSING PROCESS:

1. How does the aging process make you think about yourself? Is it just a physical change or are you experiencing a "different you"? Is this time of your life invariably dedicated to finishing off and getting all affairs in order, as the discourses around old age state?
2. How do you think younger people see and experience old age?
3. What determines quality of life and what adds meaning to life? Is it the sense of belonging to someone, or being able to work, or maybe taking a stand about things you cannot change, having a voice or being a part of something bigger than yourself?
4. Does hope accompany meaning? If life loses meaning, does it also lose hope?
5. What do you see as the highlight(s) of your life and how can younger people benefit from what you have learned?
6. Which events in your life would you gladly re-member? Are there any things or events you would rather dis-member from? (Explain to the participant what is meant by re-member and dis-member).
7. How did historical events which took place in your childhood/youth/adulthood, influence you? How did they stay with you so vividly?
8. Who knows about your dreams/hopes/fears? Who would be members of your life club if you compiled one?
9. What are you looking forward to or planning for the future?
10. Is there anything you are afraid of?
11. How do you see relationships in old age? Do they deepen or deteriorate?
12. Has your attitude towards death changed now that you are older, or do you not really think about it differently than in your younger life?
13. What do you want to be remembered for, once you are gone? What contribution that you made to life will you be honoured for by your children and descendants?
14. How did your faith and spirituality influence and change your vision through life?
15. Has there been an incident recently where your voice was taken away, where others spoke and acted on your behalf without asking your opinion? How did that make you feel?
16. What has old age taken away from you and what have you gained from growing older?